

بررسی عوامل موثر بر سلامت روان دانشجویان دانشگاه علوم پزشکی اردبیل

Study of Effective Factors over mental health of students of Ardabil University of Medical Sciences

Abstract:

Introduction and objective: Collegians are the active part of society and have a special place in society's health programs, then survey of their mental health state is very important. This study aims to survey the mental health status of university students and factors that affect their mental health.

Material and methods: In this descriptive - analytical cross-sectional study, 350 students of Ardabil University of Medical Sciences were selected from accessible cases. After completing the questionnaires (GHQ28 and researcher edited questionnaire encompassing demographic data), the data were extracted and analyzed.

Results: gathered results showed that sex, scholastic discipline, scholastic level, level of interest in scholastic discipline, place of dwelling, economic status, number of family member, history of mental stress in family and marital status have important effects on mental health of students. Only, sex and economic status have significant relationship with mental health of students.

Conclusion: Obtained results showed that various factors can affect the mental health. Impact of some of these factors is in contrast to public believe and expectation and don't accord with previous similar studies, for example higher level of mental health in single persons and women compared with married persons and men. These results need to more precise and further studies to shed light on this issue.

Keywords: Mental health- Student- Ardabil